

Coming about.

Tiller swings away from shipper. Sheet swings across without changing its position. Crew changes sides with sheet.

Obering.

Tiller swings towards shipper and sheet swings right across. Crew stays.

Position of sail. (In to out)

- » 00 Close-haul - heading up into wind as far as pos.
- 00 Close-reach - wind coming across bow & amidships
- 00 Broad-reach - wind coming from behind shipper below mid-ship.
- 00 Running free - wind coming directly aft.
↑ (centre-board $\frac{1}{2}$ up)

Picking up object from water.

Keep sailing away from it, then right about, & sail back parallel to object, & back-length away from it - - reach object & turn into wind. Pick it up on one side.

Two safety measures.

Turn up into wind till sheet luffs.

Let out sheet, if leeward deck is awash.

Balance.

Weight should be well to stern end on the leeward side.

Right of way.

Ship up-wind has right-of-way.

(ie) If ship sailing on port tack (wind from port) it has the right-of-way over ship tacking or starboard tack.

Ship on starboard tack always has it of way.

Castaway off.

Gib sail (port halysed) half-way up.

Then boom right up, & finish gib sail.

Rudder & tiller.

Centre-boards.

Cast off.

Docking

~~Boom~~

Gib

Reef

Centre-boards.

Boom

Gib

Rudder & tiller

Reef sail.

Cover up sail.

Strokes.

Straight ahead.

Hold.

Draw - stationary draw.

$\frac{1}{2}$ sweep.

Full sweep. (C)

J

Push-over.

Sculling.

Body Rudder.

Under-body rudder.

Indian paddling.

Landings.

Diagonals.

Slip-ins.

Head-on.

Tricks.

Crossing.

Balancing.

Standing paddling.

Dumping & rescuing canoe.

Hand paddling.

Coming in with the wind (no paddle)

✓ Slow walk.

✓ Step, step, hop. 1-2-34.

Springing step.
Leaps on the spot.

Run + leap.

Trunk swings - standing.

" - sitting

" - into side falls.

✓ Arm movements. X

Sustains to side

Slide, slide, sustain.

Sitting down - back lying.

Arm movements.

Junior Canoe Test.

Elementary:

1. Launch + launch canoe.
2. Name parts of canoe + paddle.
3. Bow strokes off dock.
 - 1) Straight ahead.
 - 2) Hold
 - 3) Draw
 - 4) Sweep (small C)
4. Bow safety facts.
5. Salute + change sides.
6. $\frac{1}{2}$ hr. endurance - run.

Parts, bow, stern, port, starboard,
transom, keel, bangpleets, ribs.
Tilt, blade, shaft, grip.

Junior.

1. Stern strokes on port + starboard turn.
2. Tandem for style.
3. Command crew of 2.
4. Change places in canoe.
5. Diagonal + slip-in landings. (2)
6. Safety test B.

Advanced. Senior 200 yd.

Efficient tandem bow + stern
Single for style
3 landings
Command crew of 3
Safety test B.
Pacing turns (6)
Indian paddling
Commandable for style.

Safety test A.

Change sides with blade up.

Always carry paddle with blade up & push off, on grip end.

Cover canoe after using.

Knees down.

Safety facts.

- 1) Stick with canoe.
- 2) Do not swim to shore.
- 3) Always kneel.
- 3) No gum-boots.
- 4) Waves taken at rt. angles.
- 5) Canoe permission.
- 6) 1/2 port canoe - by leaning, no gunwales standing, overloading, awkwardness.
- 7) Don't step on canoe on land.

Subject

Speed tandem

Paddle in heavy wind

3 landings

Gunwale double - in. & without paddle

Feathering

Landings for tripe

Safety test C.



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